

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 02055, Horseradish, prepared

Report Date: October 27, 2015 02:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.44 Fat Factor: 8.37 Protein Factor: 2.78 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tsp 5g	1 tbsp 15g
Proximates						
Water	g	85.08	2	--	4.25	12.76
Energy	kcal	48	--	--	2	7
Energy	kJ	201	--	--	10	30
Protein	g	1.18	2	--	0.06	0.18
Total lipid (fat)	g	0.69	2	--	0.03	0.10
Ash	g	1.76	2	--	0.09	0.26
Carbohydrate, by difference	g	11.29	--	--	0.56	1.69
Fiber, total dietary	g	3.3	2	--	0.2	0.5
Sugars, total	g	7.99	--	--	0.40	1.20
Starch	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	56	2	--	3	8
Iron, Fe	mg	0.42	2	--	0.02	0.06
Magnesium, Mg	mg	27	2	--	1	4
Phosphorus, P	mg	31	2	--	2	5
Potassium, K	mg	246	2	--	12	37
Sodium, Na	mg	420	--	--	21	63
Zinc, Zn	mg	0.83	2	--	0.04	0.12
Copper, Cu	mg	0.058	2	--	0.003	0.009
Manganese, Mn	mg	0.126	2	--	0.006	0.019
Selenium, Se	µg	2.8	1	--	0.1	0.4
Vitamins						
Vitamin C, total ascorbic acid	mg	24.9	--	--	1.2	3.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 5g	1 tbsp 15g
Thiamin	mg	0.008	2	--	0.000	0.001
Riboflavin	mg	0.024	2	--	0.001	0.004
Niacin	mg	0.386	2	--	0.019	0.058
Pantothenic acid	mg	0.093	2	--	0.005	0.014
Vitamin B-6	mg	0.073	2	--	0.004	0.011
Folate, total	µg	57	2	--	3	9
Folic acid	µg	0	--	--	0	0
Folate, food	µg	57	2	--	3	9
Folate, DFE	µg	57	--	--	3	9
Choline, total	mg	6.5	--	--	0.3	1.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	0	0
Carotene, alpha ¹	µg	0	2	--	0	0
Cryptoxanthin, beta ¹	µg	0	2	--	0	0
Vitamin A, IU	IU	2	2	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	0	2
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.3	--	--	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.090	1	--	0.004	0.013
4:0	g	0.000	1	--	0.000	0.000
6:0	g	0.000	1	--	0.000	0.000
8:0	g	0.000	1	--	0.000	0.000
10:0	g	0.000	1	--	0.000	0.000
12:0	g	0.002	1	--	0.000	0.000
14:0	g	0.001	1	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 5g	1 tbsp 15g
16:0	g	0.061	1	--	0.003	0.009
18:0	g	0.021	1	--	0.001	0.003
Fatty acids, total monounsaturated	g	0.130	1	--	0.007	0.020
16:1 undifferentiated	g	0.001	1	--	0.000	0.000
18:1 undifferentiated	g	0.127	1	--	0.006	0.019
20:1	g	0.001	1	--	0.000	0.000
22:1 undifferentiated	g	0.001	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.339	1	--	0.017	0.051
18:2 undifferentiated	g	0.285	1	--	0.014	0.043
18:3 undifferentiated	g	0.053	1	--	0.003	0.008
18:4	g	0.000	1	--	0.000	0.000
20:4 undifferentiated	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	9	1	--	0	1
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD